

AYURVEDIC MANAGEMENT OF CERVICAL EROSION THROUGH PANCHVALKAL KWATH YONIDHAWAN AND KAMPILLAK TAILA YONIPICHU – A CASE REPORT

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Article Received on
25 Nov. 2019,

Revised on 16 Dec 2019,
Accepted on 06 Jan. 2020

DOI: 10.20959/wjpr20202-16631

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ABSTRACT

Cervical erosion is one of the commonest complaint of female at present. Cervical erosion (Ectropion) is a benign lesion which sometimes becomes much troublesome due to its chronicity and nature of recurrence. It is the replacement of the Stratified Squamous epithelium of portio-vaginalis by Coloumnar Epithelium of endocervix.^[1] Erosion of Cervical mucosa is usually associated with leucorrhoea due to chronic endocervicitis. Considering the feature of cervical erosion it can be correlated with *Garbhashaya Grivagata Vrana*. Separate description of treatment on cervical erosion is not available in *Ayurveda*, but on study of Etiological factors, sign &

symptoms of disease, it is found to be caused by *kapha-pitta dosha prakop* which affects *Yoni* & *Garbhashaya Mukha* leading to *Garbhashaya Grivagata Vrana*. To overcome this problem *Ayurveda* suggest the very effective treatment based on affecting *doshas* & etiological factors, patient was treated by *ayurvedic* line of treatment i.e. *Yonidhavan* with *Panchavalkal kwath* & *Yonipichu* with *Kampillak Taila*, and got result. so the case is presented.

KEYWORDS: Cervical erosion, *Yonidhavan*, *Yonidhupan*, *Panchavalkal kwath*, *Grbhashaya grivagat vrana*.

INTRODUCTION

Cervical erosion is a commonest gynecological condition seen in OPD's & is also known as cervical ectopy. It is common finding on routine pelvic examination during the fertile age

group females. It is not a fatal condition, an ectopy is easily recognized on inspection as a bright red area continuous with the endocervix and with clearly defined outer edge.

The demarcation line between the two epithelium moves to and from the external OS, and it is said to be healed when the erosion advancing towards the OS. During this process the obstruction of ducts takes place and produces Nabothium cyst.

It is asymptomatic in initial stage but later on it progress to show many symptoms like-White discharge^[2] (leucorrhoea), contact bleeding, and other symptoms like infertility, backache, pelvic discomfort, itching-burning vulva, dyspareunia etc. It adversely affects the physiological and psychological health of women and even interferes in their professional life.

Cervical erosion can be considered as *Garbhashay Grivagata vrana*^[3] as it resembles the features of *Vrana* as explained in the *Ayurvedic* classics. In modern system of medicine treatment of cervical erosion as cryosurgery or diathermy cauterization etc are used to destruct the columnar epithelium & facilitate the growth of new healthy stratified squamous epithelium^[4], these have various side effects like- excessive mucoid discharge per vagina for a long time, sometimes cervical stenosis, accidental burn, bleeding and recurrence of disease.

Hence the *Ayurvedic* management seems to be more effective, non surgical, cost effective and have negligible side effects. The *Ayurvedic* treatment having the properties like *Vrana shodhan*, *ropan*, *stambhan*, *Kapha Pitta shamak*, *dahanashak* can effectively cure this disease.

So in present case study patient was treated with *panchvalkal kwath Yonidhavan* and *kampillak taila Yonipichu*.

AIM AND OBJECTIVE

To evaluate the efficacy of *Panchvalkal kwatha Yonidhavan* and *kampillak taila Yonipichu* in the management of cervical erosion.

MATERIAL AND METHODS

Study Center: C.S.M.S.S. Ayurved Rugnalaya, Aurangabad.

Study Details

Name of pt: xxx

Reg.no. OPD No. - 43020

Date of first visit : 30/11/2019

Age : 25 yrs

Gender : Female

Religion : Hindu

Occupation : Housewife

Diet : Veg & Non veg

Chief Complaints

1. Per-vaginal white Discharge with foul smell since 1 yr
2. Itching at vulval site since 1 yr
3. Low backache since 6 months
4. Dyspareunia since 2 months
5. Burning micturation since 15 days

Marriage Life: 6 years

Menstrual History: 3-4 days/28-30 days, regular, moderate, painless.

Obstetrics History: G₂ P₂ L₂ A₀ D₀

Brief History

25 years old patient having married life 6 yrs having 1 male & 1 female child complaining of:

1. Per-vaginal white Discharge with foul smell since 1 yr
2. Itching at vulval site since 1 yr
3. low backache since 6 months
4. Dyspareunia since 2 months
5. Burning micturation since 15 days

She had taken treatment for the same at private Hospital but had not got result so she came to C.S.M.S.S. Ayurvedic Rugnalaya Aurangabad for management.

General Examination

1.Nadi = 78/min

2.Mala = Samyak malpravrutti

- 3.Mutra = Sadah mutrapravrutti
- 4.Jivha = Niram
- 5.Shabda = Spashta
- 6.Sparsha = Anushna
- 7.Druka = Prakrut (alpashwetata)
- 8.Akruti = Madhyam

Local Examination

P/S examination = white discharge, cervicitis ++, cervical erosion ++

P/V examination = Ut. AVAF, normal in size, fornices clear

So patient was diagnosed as a case of cervical erosion and few investigations were carried out–

Blood investigations

Hb = 10.8gm%, RBC= 3.19 mill/cu/mm, WBC = 8600 / cu.mm

TLC. N% = 60, L% = 35, M% = 02, B% = 0

platelet = 2,80,000 /cu.mm, ESR 14 mm/hr.

RBS = 88 mg/dl

HIV I & II, HbsAg, VDRL = negative,

Urine routine and microscopic = normal

Pap's smear for cervical cytology = negative for malignancy.

DIAGNOSIS: Cervical erosion (*Garbhashaya grivagat vrana*)

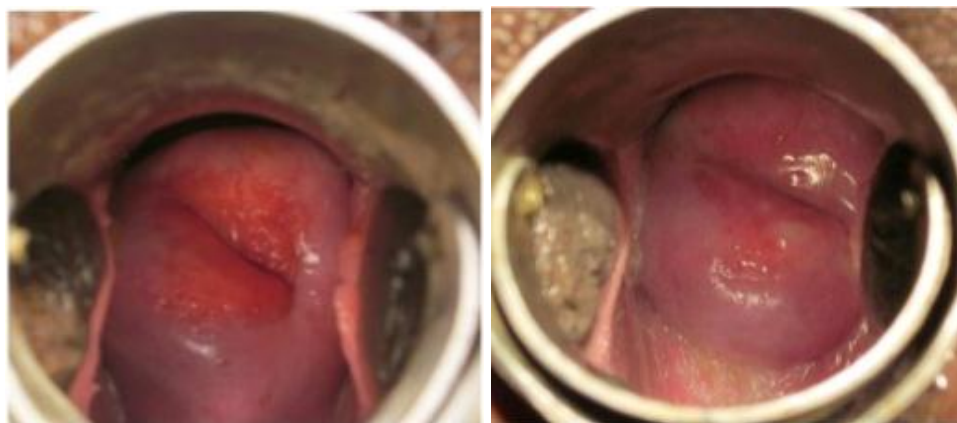
TREATMENT

After taking written informed consent, lithotomy position given to the patient. *Yonidhavan* with 500ml freshly prepared *Panchavalkal Kwatha* was done. After *yonidhavan* a *pichu* soaked in *kampillak taila* was kept in *yoni* focusing on eroded area of cervix with the help of Cusco's speculum, Speculum was removed and *Yonipichu* should kept inside vagina for about 3-4hrs. It was kept close to cervix in such way that some length of thread remains outside of the vagina. Patient was explained well to remove the *pichu* by holding the thread.

Duration of trial:- 15 days

RESULTS

The present drug gave the relief to the symptoms mainly White discharge, Gradually the eroded area also minimizes, Other symptoms like low backache, lower abdominal pain & dyspareunia, burning micturation got relief gradually.



Before Treatment

After Treatment

DISCUSSION

Cervical erosion is found in the fertile age group that is 20-35 years because of repeated deliveries there is local trauma to the cervix which may produce erosion. Due to hyperplasia of cervical glands various symptoms like vaginal discharge, back pain, pelvic discomfort etc. produce which are disturbing elements in the daily life style of the woman.

The probable mode of action of therapy is to prevent congestion or hyperemia, thus prevented regeneration of superficial columnar cell.

Panchavalkal Kwatha^[5]

The contents of *panchavalkal* are *kaphapittashamak*, *Dahanashak*, *Stambhak*, *Yonishodhak*, *Shothhar*, *Raktapittashamak*.

Due to this properties it decreases vaginal discharge, local inflammatory symptoms, foul smell & reduces hyperaemia of cervix by its Anti-inflammatory, Anti-microbial, effect it work on chronic cervicitis, thus *panchavalkal kwatha Yonidhavan* reduces discharge, pain & inflammation of cervix.

Kampillak Taila^[6]

Drugs present in *kampillak taila*, *kampillak* & *daruharidra* having anti- inflammatory & antibacterial activities which prevent eroded area of cervix from infection & help in decrease

vaginal discharge. Both ingredients in *taila* having *Vranashodhan*, *Vranaropan*, *shothhara*, & *Stambhan* properties, which helps in decreasing vaginal discharge & helps to heal the eroded area of cervix.

CONCLUSION

The present study showed the effects of *panchvalkal kwatha Yonidhavan* & *Kampillak taila Yonipichu* on cervical erosion.

Hence in this case we can conclude that *Sthanik Chikitsa* in the form of *Yonidhavan* & *Yonipichu* is highly effective in disintegration of pathogenesis of *Garbhashaya Grivagata Vrana* (cervical erosion).

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